

15th Sunday After Pentecost

Sunday Before the Exaltation of the Cross / Forefeast of the Nativity of the Mother of God / Martyr Sozon

7 / 20 September

Resurrection Tropar, Tone 6: The angelic powers were at Thy tomb; / the guards became as dead men. / Mary stood by Thy grave, / seeking Thy most pure Body. / Thou didst capture hell, not being tempted by it. / Thou didst come to the Virgin, granting life. / O Lord who didst rise from the Dead, / Glory to Thee!



Troparion of the Forefeast tone 4: From the root of Jesse and from David's loins the divine maiden Mary is born for us today, / and all things are filled with God and renewed. / Rejoice together, heaven and earth: Praise her, you countries of the nations; / Joachim rejoices and Anna keeps festival, crying: / The barren woman gives birth to the Mother of God and the nurse of our life.

Troparion of St Sozon tone 1: O Martyr Sozon, thou didst pledge thy life to God, / endure the contest and become a sharer in Christ's Passion. / Save from temptation those who cry to thee: / Glory to Him Who strengthened thee; / Glory to Him Who crowned thee; / Glory to Him Who through thee works healings for all.

Resurrection Kondak, Tone 6: When Christ God the Giver of Life, / raised all of the dead from the valleys of misery with His Mighty Hand, / He bestowed resurrection on the human race. / He is the Saviour of all, the Resurrection, the Life, and the God of All.

Kontakion of the Forefeast tone 3: Today the bridal chamber of the heavenly Bridegroom, / Mary the Virgin Mother of God, / by God's will is born of a barren woman, / and the chariot of the Word of God / is beautifully adorned. / She is the gate and the Mother of life: / for this God chose her.

Kontakion of St Sozon tone 2: Together let us praise with loud voices / Sozon the Athlete of piety, / vessel of grace and bestower of healings. / He prays to God for us all.

Matins Gospel IV

Epistle: for Sunday before Exaltation: Gal . 6:11-18

See with what large letters I have written to you with my own hand! As many as desire to make a good showing in the flesh, these would compel you to be circumcised, only that they may not suffer persecution for the cross of Christ. For not even those who are circumcised keep the law, but they desire to have you circumcised that they may boast in your flesh. But God forbid that I should boast except in the cross of our Lord Jesus Christ, by whom[a] the world has been crucified to me, and I to the world. For in Christ Jesus neither circumcision nor uncircumcision avails anything, but a new creation. And as many as walk according to this rule, peace and mercy be upon them, and upon the Israel of God. From now on let no one trouble me, for I bear in my body the marks of the Lord Jesus. Brethren, the grace of our Lord Jesus Christ be with your spirit. Amen.

for Sunday: II Cor . 4:6-15

for the Martyr: Eph . 6:10-17

Gospel: for Sunday before Exaltation: John 3:13-17

No one has ascended to heaven but He who came down from heaven, *that is*, the Son of Man who is in heaven. And as Moses lifted up the serpent in the wilderness, even so must the Son of Man be lifted up, that whoever believes in Him should not perish but have eternal life. For God so loved the world that He gave His only begotten Son, that whoever believes in Him should not perish but have everlasting life. For God did not send His Son into the world to condemn the world, but that the world through Him might be saved.

for Sunday: Matt . 22:35-46

for the Martyr: John 15:17-16:2

Saints of the week

7 / 20 September - Forefeast of the Nativity of the Theotokos - The Holy Martyr Sozon - Born in Lycaonia, Sozon was a shepherd and lived by the Law of God, teaching his brothers and sisters, and his friends, his devout faith. He learned in a vision that he would suffer martyrdom for Christ. At that time, there was a great persecution of Christians near the city of Pompeiopolis on the part of Maximian, the governor of Silicia. In the city, there was a golden idol which was worshipped by the pagans. Sozon left his sheep, went to the city, entered the pagan temple and knocked an arm off the golden idol, melting it down and giving the gold to the poor. There was a great outcry in the city because of this, and the pagans began to search for the guilty man. That no-one else should suffer for his action, Sozon went to the governor and declared himself to be a Christian and the performer of that act. The torturers first beat him, then chained him to a tree and flogged him with iron flails. When he was at his last breath, they cast him into the flames, where holy Sozon gave his soul to God. He suffered in about 304. His relics were found to be wonderworking, and a church dedicated to him was built over them. The Holy Apostles Euodus and Onesiphorus; The Holy Martyr Eupsychius; St John, Archbishop of Novgorod; One of the feasts of St. Dunstan, archbishop of Canterbury.

8 / 21 September - The Nativity of the Most Holy Mother of God - Epistle: Phil. 2:5-11 & Epistle: St. Luke: 10:28-42 & 11:27-28) The Holy Virgin Mary was born of her aged parents, Joachim and Anna. Her father was of the tribe of David and her mother of the tribe of Aaron, and so she was of royal blood from her father and priestly blood from her mother. By this, she foreshadowed Him who would be born of her as King and High Priest. Her parents were already old and had no children, and, because of this, were ashamed before men and humble before God. In their humility, they prayed with tears that God would bring joy to their old age with the gift of a child, as He had once given joy to the aged Abraham and Sarah, giving them their son Isaac. God, almighty and all-seeing, gave them a joy far exceeding all their expectations and their wildest dreams, for He gave them not just a daughter, but the Mother of God; He illumined them not only with temporal joy but with eternal. God gave them just one daughter, who later gave them just one grandson—but what a daughter and what a grandson! Mary full of grace, blessed among women, the temple of the Holy Spirit, altar of the living God, table of living bread, ark of God's holy things, tree of the most delicious fruits, glory of the human race, praise of womanhood, fount of virginity and purity—this was the daughter given by God to Joachim and Anna. Born in Nazareth, she was after three years taken to the Temple in Jerusalem, whence she returned again to Nazareth and shortly afterwards heard the tidings of the holy Archangel Gabriel concerning the birth of the Son of God, the Saviour of the world, from her most pure and virginal body. The Feast of the Kalishto Icon of the Mother of God; The Feast of the Pochaev Icon of the Mother of God;

Ss. Ina, king of Wessex, restorer of Glastonbury, & his queen Ethelburga. (8th c.) - He was a son of the underking Cenred and ascended the West-Saxon throne in 688, a year before the death of his predecessor Caedwalla. For thirty-seven years he ruled over a turbulent and war-like people, and by virtue of a varied genius was equally successful as a warrior and legislator. His first efforts were directed towards establishing internal peace, and in the fifth year of his reign he drew up a set of laws which regulated the administration of justice and fixed the legal status of the various elapses of his subjects. With the exception of the Kentish laws this code is the earliest extant specimen of Anglo-Saxon legislation, and for that reason is of particular interest. When matters in his own realm had been adjusted, Ina turned his attention to Withred, King of Kent, and at the head of a formidable army demanded weregild (compensation) for the death of Mul (for Mollo), brother of Caedwalla. Withred paid the full compensation—thirty thousand pounds of silver—and admitted the supremacy of the West-Saxon over all the country held by the English south of the Thames. By successive conquests, Ina added several districts to the western provinces of his domain, and after a bitter war conquered Geraint, King of Cornwall, and built a fortress on the Tone, at the site of the present Taunton. Throughout his entire reign was particularly solicitous for the welfare of religion and religious establishment, founding many monasteries and endowing those already in existence. The Abbey of Glastonbury was erected by him, with the funds, it is thought, which came from the weregild collected from Withred. Other monastic establishments which were recipients of his bounty were those at Malmesbury, Wimborne, Nursling, Tisbury, Waltham, and Sherborne. Worn out by his long rule, Ina determined to abdicate in favour of Æthelheard and Oswald, and to make his peace with God. In pursuance of this project, he convened the Witenagemot and formally announced his abdication. With his wife he proceeded to Rome, to watch and pray at the tomb of the Apostles in the guise of a poor and pious pilgrim. While there he founded a hospice or home for English pilgrims, in the district known as Burges Saxonum, the modern Borgo. Some historians trace the foundation of the English College at Rome back to this hospice. The memory of the hospice still lives in the Church of San Spirito in Sassia, formerly S. Maria in Saxia; it is thought that King Ina and his Queen Ethelburga, lie buried in this church or in the atrium of St. Peter's. They died blessing God that they had been allowed to lay their dust in the consecrated soil of Rome.

9 / 22 September - Afterfeast of the Nativity of the Theotokos — Ss Joachim and Anna - St Joachim was of the tribe of Judah, and a descendant of King David. Anna was the daughter of Matthan the priest, of the tribe of Levi as was Aaron the High Priest. This Matthan had three daughters: Mary, Zoia and Anna. Mary was married in Bethlehem and bore Salome; Zoia was also married in Bethlehem and bore Elisabeth, the mother of St John the Forerunner; and Anna was married in Nazareth to Joachim, and in old age gave birth to Mary, the most holy Mother of God. Joachim and Anna had been married for fifty years, and were barren. They lived devoutly and quietly, using only a third of their income for themselves and giving a third to the poor and a third to the Temple, and they were well provided for. Once, when they were already old and were in Jerusalem to offer sacrifice to God, the High Priest, Issachar, upbraided Joachim: 'You are not worthy to offer sacrifice with those childless hands.' Others who had children jostled Joachim, thrusting him back as unworthy. This caused great grief to the two aged souls, and they went home with very heavy hearts. Then the two of them gave themselves to prayer to God that He would work in them the wonder that He had worked in Abraham and Sarah, and give them a child to comfort their old age. God sent them His angel, who gave them tidings of the birth of 'a daughter most blessed, by whom all the nations of the earth will be blessed, and through whom will come the salvation of the world.' Anna conceived at once, and in the ninth month gave birth to

the holy Virgin Mary. St Joachim lived for eighty years and Anna for seventy-nine, and they both entered into the kingdom of God. Commemoration of the Third Ecumenical Council; The Holy Martyr Severian; St Theophanes, Confessor and Faster; St Nicetas the Man of God.;

St. Kieran (Ciaran) of Clonmacnois, Ireland (c.545) - The holy abbot Ciaran was the son of the wagonmaker, Beoit. Beoit was a very good and careful worker, and so he became rich. He and his wife Darerca had five sons and three daughters. Of these sons, four became presbyters and one, a deacon. All three daughters became nuns. This blessed family lived in the province of Meath, but because the local king was greedy and asked for too much tax money, the family moved to Roscommon in the province of Connaught. St Ciaran was born at Roscommon in the year 515. Like other boys his age, the young saint learned to work hard, helping his father, and also working for neighbouring farmers. One of his chores was to herd his family's sheep. Ciaran especially liked this duty, because he could be alone and pray to God in peace. The boy knew many of the psalms by heart, and he loved to chant them as he watched over the flock. The sheep were grazed in a plain called Ai. At that time, the wondrous old man, Saint Diarmat lived on this plain. This holy elder at once saw God's Grace in the young shepherd, and he taught the youth to read the psalms from the book for himself. The two spent many hours together, reading and praying. The elder taught the young saint many things about spiritual struggle, and how to keep himself clean and pure for Christ's sake. When he was old enough, St Ciaran wanted to go to school. In those days, there were no public schools, and the bishops and presbyters taught the students. St Findian had a school at Cluain. Here, he taught the Divine Scripture and the sciences. Saint Ciaran learned quickly, and grew in wisdom and in spirit under his elder. Some of the other students, however, were jealous of the young saint, and they used to torment him and shun him. Ciaran only prayed for them and tried to teach them love and mercy. The students of the school had to take turns working in a flour mill, to help pay for their needs. St Ciaran toiled with meekness and obedience. The saint loved beggars, and from his earliest youth he had sought to help them and give them money, food or clothing whenever possible. He even gave them some of the flour which he ground. As Saint Findian grew older, he called his monks together and announced that when he reposed, Ciaran should take his place as abbot. To this, they all agreed. Meanwhile, St Ciaran got a blessing from his elder to visit some of the holy places of Ireland. He went to Lake Erne to hear the holy words of St Ninned, and from there, the young man went to the sacred isle of Aran. On Aran Island, the monks lived in great poverty and worked very hard. The holy elder, St Enda, was abbot of Aran in those days, and he accepted St Ciaran with joy. The young saint joined the hard labour and prayers of the monks, and he daily grew in God's Grace. From Aran, the saint made his way to Scatterry Island to learn what he could from Saint Senan. The blessed one journeyed around the whole country, learning much from the holy elders, and working and praying with all the monks. Soon, however, many monks came desiring to have St Ciaran as their elder; The saint built a small monastery on Hare Island (called Inis Aingin in Irish language) which is in Lake Ree. Even though Ciaran was the abbot of this monastery, he served the brothers, and often when a visitor came, Saint Ciaran would wash his feet and serve him like a slave. God worked many miracles and healings through this young saint, and the faithful from all over Ireland began to come to Lake Ree as pilgrims. The saint was sorrowful because of the attention and praises he was receiving, and so after a while, he appointed the holy presbyter Donnan as abbot, and he himself departed to the wilderness of Clonmachnoise. In those days, the elder Diarmat was living in this wilderness in a poor cell. The saint came to this cell and built himself one nearby. He lived here with his old friend and teacher for a long time, and a brotherhood soon grew up around him. St Ciaran became a father of saints, for many of his monks later became wonderworkers. The saint spent many years in struggle and prayer. He travelled throughout Ireland preaching and teaching the rulers and people alike to be merciful and charitable. This holy elder and wonderworker reposed in the Lord on 9 September, in the year of our Lord 550. He was about thirty-five years old; St. Wulfhilda, abbess of Barking, St. Bettelin, hermit of Crowland.

10 / 23 September - Fast Day - Afterfeast of the Nativity of the Theotokos — The Holy Martyrs Menodora, Metrodora and Nymphodora - They were three sisters from some place in Asian Bithynia. Brought up in a Christian spirit, they withdrew from the city into the desert, desiring to lift up their minds to God and free themselves from the illusory world, and thus to live their lives in purity and virginity as true brides of Christ. They gave themselves to fasting, prayer and toil, and God adorned them with the gift of wonderworking. When people began to bring the sick to them for healing, they became known against their will. A certain governor, Fronton, heard of them and brought them to trial. Seeing them, the governor was amazed at their beauty, for, although they were nuns and their bodies were withered, their faces were radiant, illumined by an inner peace and the grace of God. The governor at first flattered them and promised to send them to the Emperor, who would give them in marriage to his nobles, but, when he realised that his flattery and promises were having no effect on these brides of Christ the Lord, he ordered that Menodora be put to torture and her sisters be thrown into prison. After harsh torture, the governor cried to Menodora, all wounded and covered in blood: 'Offer sacrifice to the gods!' To this the holy martyr replied: 'Don't you see that I am doing nothing but offer myself in sacrifice to my God?' When she expired under torture, the governor brought out her two sisters and stood them beside Menodora's dead body, and, pointing to it, urged them to deny Christ. As they remained steadfast, he tortured them to death. At that, a thunderbolt fell from the sky and killed the soul-less Fronton and his servants. Christians buried the bodies of these holy martyrs, who suffered some time between 305 and 311, in the time of Galerius, and entered into rest in the Kingdom of Christ. St Pulcheria the Empress; The Holy Apostles Apollos, Lucius and Clement; The Three Holy Women of Constantinople; St. Salvius, bishop of Albi (Gaul); Translation of the relics of Sts Egwin, bishop of Worchester and Ethelwold, bishop of Winchester; St. Frithestan, bishop of Winchester.

11 / 24 September - Afterfeast of the Nativity of the Theotokos — Canonisation of St. Xenia of St. Petersburg (1978) - Prayer to the Holy Blessed Xenia of Petersburg: O most simple in thy way of life, homeless on earth but an inheritor of the Heavenly Father, blessed wanderer Xenia! Just as earlier those who fell down before the inscription over thy grave, so now we also, hastening to thee, entreat thee to pray that our steps might be directed, according to the word of the Lord, in the doing of His commandments, and that the soul-corrupting lawlessness sowed by the godless might not prevail over our people, but that we all might yet behold the deliverance of thy city and thy beloved Russian land from the present cruel affliction. O thou who didst hide thyself from the wise of this world, but wast known to God, entreat for us humility, a pledge of meekness and love in our hearts, in prayer faith, in repentance hope, in labours firmness, in afflictions the mercy of healing, and the renewal of our whole life, at least from this time forth; so that glorifying thee, with contrition we may confess the Father and the Son and the Holy Spirit, Trinity One in essence and undivided, unto the ages of ages. Amen. Our Holy Mother Theodora; St Paphnutius the Confessor; Our Holy Father Ephrosynus the Cook; The Holy Martyr Ia; The Holy Martyrs Diodore, Didymus and Diomedes;

St. Deinol (Daniel), first bishop of Bangor, Wales (584) - Dismissal Hymn (Tone 4): By thy teaching and pious life thou didst shine forth in the age of Saints, O Hierarch Deinol, and becoming Bangor's first bishop thou wast an instrument of God's grace, leading many to salvation. Pray, O Saint, that we may be led into the Way of Truth that our souls may be saved

12 / 25 September- Fast Day - Apodosis of the Nativity of the Theotokos - The Hieromartyr Autonomus - A bishop, he left Italy for Bithynia in Asia during Diocletian's persecution, going to a place called Soreoi, where he brought many to the Christian faith and built them a church dedicated to the Archangel Michael. He stayed in the house of a devout Christian, Cornelius, whom Autonomus ordained priest and then consecrated bishop. Not far from the town of Soreoi was a place called Limnae, entirely inhabited by pagans. St Autonomus went to this place and quickly brought many to the light by the Gospel of Christ. This roused the pagans, and they hurried one day to the church of the Archangel Michael in Soreoi and, during divine service, slew Autonomus in the altar, killing also many other Christians in the church. In the time of the Emperor Constantine, a noble courtier, Severian, built a church over St Autonomus's grave. Two hundred years after his death, St Autonomus appeared to a soldier called John. This soldier dug up the saint's relics and found them to be completely uncorrupt, and many of the sick received healing from them. Thus God glorified him who glorified Him while in the body. The Hieromartyr Cornutus, Bishop of Iconium; The Holy Martyr Julian with his 40 Companions; Our Holy Father Daniel of Thasos; The Holy Martyrs Macedonius, Tatianus and Theodulus.

St. Ailbe of Emly - He was the child of a clandestine union. The father, fearing King Cronan, fled before the child was born. The King ordered that the baby be killed but his servants left him near a rock where, it is said, a wolf nursed him. The child was later found by a passerby - Lochan - who gave him to some Britons in the neighbourhood. A tradition held that he went to Rome and was ordained bishop by the Pope. He preached throughout Ireland, and made people "not only Christians but saints." He founded the monastery of Emly which became very important in Munster. A ninth century Rule bears his name. And the wolf? Ailbe was able to save the wolf when he was present at a run at which she was to be killed. She ate from his table from then on.

Tropar of St. Ailbe Tone 4: When Ireland's Enlightener returned to his native land,/ he found thee, O holy Ailbe, preaching the Faith at Emly,/ where at the bidding of an Angel thou hadst built a church./ O wise shepherd of souls and glorious ascetic,/ O friend of animals, and fellow missionary with the illustrious Patrick,/ pray to Christ our God that we might also become bastions of Orthodoxy/ and a shining example to our fellow countrymen,/ drawing them away from ignorance and error/ and into the true Faith that all our souls may be saved.

13 / 26 September - Forefeast of the Exaltation of the Cross - The Consecration of the Church of the Resurrection.

When the holy Empress Helena found the Lord's Cross in Jerusalem, she stayed longer in the city and built churches in Gethsemane, in Bethlehem, on the Mount of Olives and in other places that commemorated the life and work of the Lord Jesus Christ. On Golgotha, where she found the Precious Cross, she began to build an enormous church, under whose roof would be the places both where the Lord was crucified and where He was buried, the holy Empress wanting to bring under one roof the places of His suffering and His glory. But Helena went to the Lord before this magnificent church was completed. It was finished in the same year in which Constantine completed thirty years on the throne, and so the consecration of the church and the Emperor's Jubilee were fixed for the same day, September 13th, 335. At that time, a local Council of bishops was meeting in Tyre. These bishops, with many others, made their way to Jerusalem, to the solemn consecration of the Church of the Resurrection of the Lord. It was then instituted that this day, as a day of victory and triumph for the Church of Christ, should be celebrated every year. The Hieromartyr Cornelius the Centurion; The Holy Martyrs Macrobius and Gordian; The Holy Martyr Ketevana, Queen of Georgia; Our Holy Father Hierotheos.